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ABSTRACT

This packet contains a coloring book on water safety and a guide for Coast Guard Auxiliary members making brief presentations to preschool and elementary school students through Grade 4. The guide discusses school or site contact and approval, equipment and teaching aids to bring to the classroom, and suggestions to the beginning instructor on group size, discussion, storytelling, and vocabulary. Outlines are provided for presentations based on the coloring book or a set of 19 slides. Since the presentation takes only 30-45 minutes, instructors should concentrate on four areas: (1) learn to swim, swim in a safe place, and swim with a buddy; (2) wear a life jacket; (3) obey boating safety rules (don't stand up, don't ride in the bow, and don't dangle arms and legs outside of the boat); and (4) know what to do in case of an emergency (boat overturns or someone falls in the water). (SV)

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ED354114

United States Coast Guard Auxiliary
DEPARTMENT OF EDUCATION

WATER 'N KIDS

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INSTRUCTOR GUIDE

Boating Safety Program for Children and Youth

RC 018946

DEPARTMENT OF TRANSPORTATION

U. S. Coast Guard **U. S. Coast Guard Auxiliary**

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WATER 'N KIDS

INTRODUCTION

In past years the Water 'N Kids Program has helped thousands of children learn a few very basic safe boating practices and to be aware of the dangers presented when one is boating. Ignorance is the cause of many mishaps on the water and education is the single most effective means we can use to help prevent boating tragedies. This program provides the Coast Guard and the Coast Guard Auxiliary Public Education Programs with an updated version of "Water 'N Kids" stressing the phrase "Safe boating is fun boating."

One objective of this booklet is to increase the number of individual classes given to children in preschool or kindergarten. It is suitable for use in community centers, recreation centers, even parks which have water activities and a structured program as well as in the traditional classroom.

The material in this booklet will help the instructor to prepare for and present the messages contained in the program. There are two presentations included, one using only the Color Book and the second using the slides. These lessons both cover the same safety messages, may be used singly or together if time permits, to reenforce the learning process. The new instructor will find that, if he/she truly enjoys children and is able to demonstrate enthusiasm and have fun, the children will respond equally and will retain the information longer because the association will be a happy one. Indeed, the instructor might rightfully be considered a true "Lifesaver" to the children who have been exposed to the "Water 'N Kids" educational program. They will be better able to handle an emergency on the water, should the need arise, without the panic which might cause a tragedy.

These very young children are a delight, they are avid and active learners. Their attention span, however, is short and they respond best to a little "talk" and lots of "action." They want to watch demonstrations, touch the objects and contribute their own stories and observations, they find it difficult to sit still and listen to a lecture. The instructor needs to carefully guide the presentation so that the children can feel a part of it without dominating or distracting from it. It is best if the questions that the instructor asks have a "yes" or "no" answer and that the demonstrations with children participating are brief. Thirty minutes is ample time for the presentation, with additional time at the end for questions, trying on life jackets, touching the safety equipment, coloring the book, etc., if the class teacher has allowed this extra time. Try to pace yourself so that these important messages are thoroughly covered and the children are not likely to forget them. Most of all, though, have fun and your own devotion to water safety will come across as genuine and caring.

May all your audiences be attentive!

SCHOOL OR SITE ARRANGEMENTS

SCHOOL OR SITE CONTACT AND APPROVAL

When you are ready to contact a school or other facility, make an appointment with the school principal, center director or park manager. It might also be necessary to contact the school superintendent if you wish to teach at several schools in the same school district. Once you have the approval, contact the teachers for scheduling. Specify the age group (through fourth grade), length of presentation (30 to 45 minutes) and special classroom needs that you might have (slide projector, blackboard, easel, etc.), as often these items may be provided by the school or site. Be prepared to explain the Coast Guard Auxiliary educational objectives and take along a sample color book to help explain your presentation. Leave your name and telephone number with the teacher so that you may be contacted if there is any change in schedule.

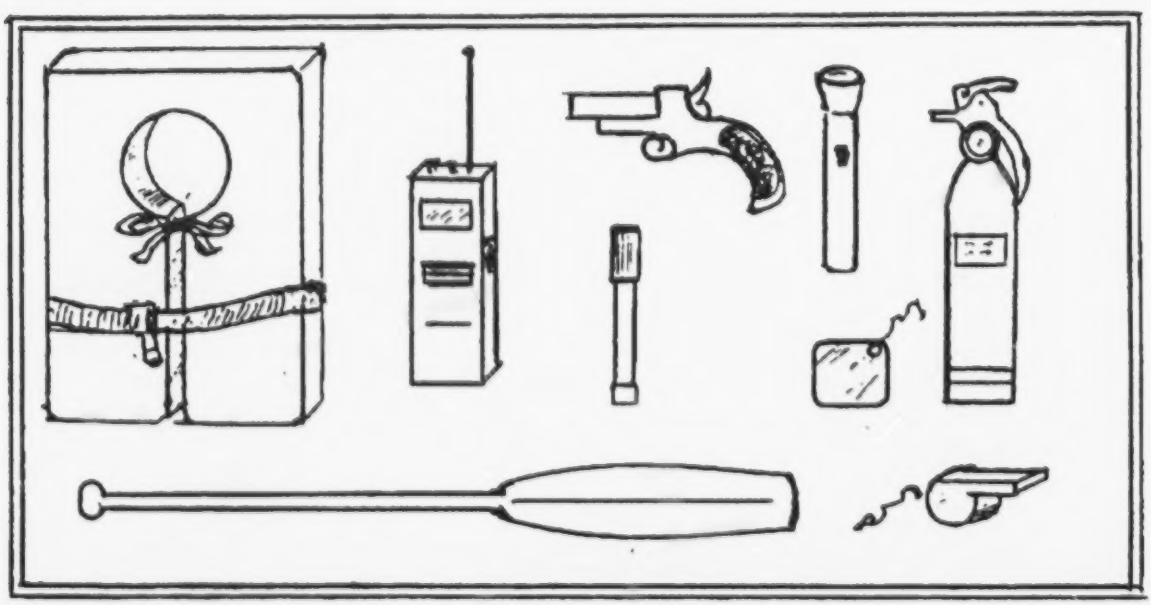
It's a good idea to keep a record of your classes for future use with name, address and telephone number of the school or site, teacher's name and date of presentation. Add to this record any suggestions that you feel would improve your presentation the next time you teach.

SUGGESTED EQUIPMENT AND TEACHING AIDS

1. PFDs, several child size and one adult size plus one throwable.

2. Safety equipment found on a boat which may include flares, flashlight, fire extinguisher, horn, oar and mirror. A peg board with safety equipment attached (illustrated below) is an easy way to transport this equipment and may be set up so that the children will be able to see and touch the articles.

3. Flipchart or poster size drawings to help illustrate boat safety rules (for color book presentation).



FOR THE BEGINNING INSTRUCTOR

SMILE a lot and look directly at the children when you are speaking. Young children become bored and restless quickly and it is necessary to keep your energy and your presentation in high gear. The included guides are to acquaint you with the narrative possibilities but do not have to be slavishly followed. Your own personality and manner of presentation will appear genuine if you will use this material as a jump-off point. However, it IS important that the following be the basis for your material:

1. Learn to swim, swim in a safe place and swim with a "buddy."

2. Wear a life jacket.

3. Obey the boat safety rules: do not stand up, ride on the bow or dangle arms and legs outside of the boat.

4. Know what to do in case of an emergency (boat overturns or someone falls into the water).

Young children love stories and will remember a lesson if there is a story connected. The slides and the color book have simple drawings that could lend themselves to great storytelling. Keep the stories and entire presentation on a positive level, save examples of the terrible consequences of poor boating for the adults, a simple statement that the person could be hurt without elaboration is all that is necessary.

Smaller size groups are better, if possible. In this way the instructor and the children have the opportunity for closer interaction; demonstrations, instructions and communication are all on a more personal level and MOST IMPORTANT audience (kids) participation and interest will be greater.

We in the Coast Guard Auxiliary often use boating language that young children might not comprehend. Be careful that your vocabulary is on their level and that your stories have a happy ending.

Drawings of the slides may be made on a flip chart for use in situations where a slide presentation is not feasible or desireable. A flip chart is easily transported and may be set up **ANYWHERE**, giving the instructor the flexibility to chose a variety of teaching sites (i.e. playgrounds, parks and camping areas, marinas, beach, etc.) wherever there are supervised groups of children.

When all the life jackets have been tried on, and all the safety equipment explained and demonstrated, it's time for "graduation." The teacher receives a "Certificate of Participation" in the "Water 'N Kids" program—a symbol of pride for the children as well as for you, the instructor.

Thank the class and the teacher for the opportunity to bring these messages, and be sure that each child has a coloring book to take home with them so they may share basic boating safety with their family.

Good Luck!

COLOR BOOK PRESENTATION GUIDE

1. **LEARN TO SWIM.**

If you ask this age group if they know how to swim, many will raise their hands even though they do not know how--so talk about why it is important to learn to swim in case they suddenly find themselves in deep water and about how much fun it is to swim when you DO know how. Stress the safety, not the consequences and suggest that if they do not know how they might learn to swim at a "Y" or other center in your community. You might want to name the three people in the drawings and make up a story about how one is having a good time and the other seems a little unhappy because he has to hold on to the ladder, or maybe he is waiting his turn for the teacher to help him.

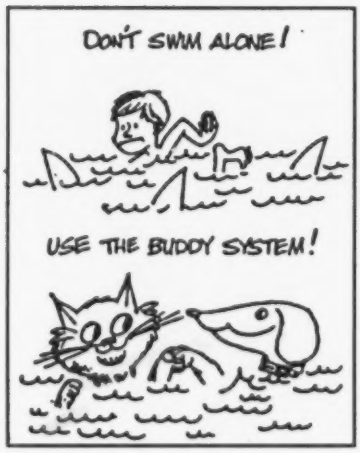
2. **IT'S WATER SAFETY TIME.**

Now is your chance to talk about the Coast Guard Auxiliary and how the Auxiliary helps the Coast Guard try to keep boaters safe on the water. Tell them briefly about your uniform and your boat patrols. If you have brought safety equipment for a boat (suggested in equipment section), explain the use for each article. Explain how knowing about water safety will help them to enjoy boating more.

It might be a good time to ask if any of the children's parents have a boat. Do they know about the Coast Guard and Coast Guard Auxiliary?

3. **LIFE JACKETS.**

A life jacket is indeed a lifesaver. Invite the teacher to select two children to demonstrate how to put one on and how it will keep a person afloat. After the program each child that wishes could try one on. Show them why it is important to have a life jacket that fits them by letting one child try on an adult jacket. Explain why the boy and girl have different kinds of jackets and why orange is a good color for the jackets. It's also fun to talk about jackets for the dog and cat, but not for the duck who has a built in life jacket!



4. **DON'T SWIM ALONE.**

Is this swimmer alone? He appears to have strange company! ...but nobody is with him to call for help or to help him swim to shore. Buddies are VERY IMPORTANT and fun, too. They are good company, they will warn you if there is danger, and they can go for help if they are not able to help you themselves. Who could be a good buddy? Parents or other grown-ups can be buddies, older brothers or sisters, or good friends. The important message is ALWAYS SWIM WITH A BUDDY, and be sure to let the buddy know if you have to leave the water for ANY REASON!

5. **STAY SEATED IN A BOAT.**

A flipchart, blackboard or predrawn poster is good to use for this page. (See Equipment section.) Draw a quick sketch of a boat with a figure standing up. Why is it dangerous to stand up in a boat, or to move around when the boat is in motion? Where is the safest place to sit in a boat? Draw another boat with a figure sitting on the bow. Children can see from the drawing the results of standing up or bow riding. Emphasize again, the necessity for wearing THE FRIEND, the life jacket.

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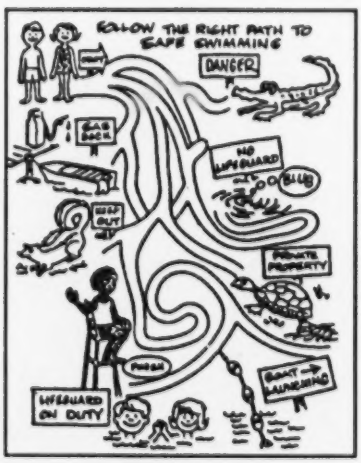
6. **ALWAYS STAY WITH YOUR BOAT.**

What has happened here? Ask questions with "yes" or "no" answers such as: Would it be easier to find a person in the water or to find an overturned boat? Would the boat stay afloat for a long time if no one comes to help right away? Do you think it would be easier for the Coast Guard or other rescue boats to find these two children together holding onto the boat or easier if they did try to swim for shore and probably became separated?

7. **WHAT MIGHT SAVE JOHNNY?**

Let the children answer this question. Go around the room asking volunteers. After they have picked the right things, explain why jumping into the water to help is not a good idea. No horror stories, just a simple explanation. Demonstrate how each article could be used to rescue someone. The teacher could pick two more volunteers to act this one out by using the props that have been suggested (i.e. paddle, rope, sweater, stick or ring buoy). Suggest how other floating articles can be used (ball, closed cooler, etc.) to keep the person afloat.



8. **PATH TO SAFE SWIMMING.**

The class can follow the proper path with their crayons or markers while the instructor emphasizes the SAFETY of swimming with a buddy and where a life guard is on duty. This is a fun page for the children as they try to dodge the alligator, and other dangers.

9. **FOLLOW THE DOTS.**

Our "friend" here patrols the waters and helps boaters who are in trouble. Explain how the Coast Guard is always on the water if boaters need help. The children will be interested in why the helicopter is in the picture, what does it do in a rescue, how large the boat is and the color of the emblem

10. **SAFE BOATING IS FUN BOATING.**

This is the conclusion. Review each of the messages that are included in this booklet, repetition is the most successful method for assuring that these lessons are remembered. Carefully go over each one.

And now, it is time for any questions or comments.

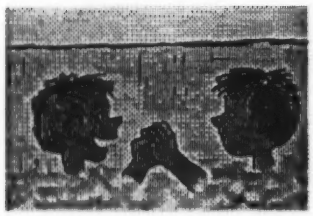
SLIDE PRESENTATION GUIDE

1. **ARE YOU WATERWISE?**

   Owls are wise birds, this one is sitting on a "life saver" to let us know that having "life savers" when we are near or on the water is a wise thing to do.

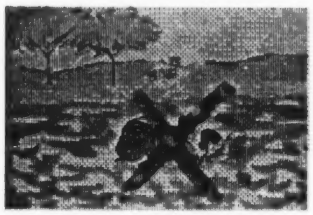
2. **LEARN TO SWIM.**

   Explain to them that it is VERY important to learn how to swim so that they will be able to take care of themselves if they are suddenly in deep water. Emphasize that swimming is fun and there are many places where swimming lessons are taught. (Name the ones in your community.) The life guard in the slide is a good friend and his job is to keep the swimmers safe. You could tell a story about the picture, what is the life guard saying to the children?



3. **BUDDIES.**

   A buddy is a friend (who knows how to swim), or a parent or other grown-up, or older brother or sister. Explain that buddies will stay with the swimmer at all times just in case something happens to the swimmer and he or she needs help.



4. **NEVER SWIM ALONE.**

   Even good swimmers can get into trouble in the water and might need assistance--so always have someone to swim with - A GOOD BUDDY!

5. **DEEP AND SHALLOW WATER.**

   Explain how the numbers on the pool show the depth of the water so that the person knows which is the deep end. Explain also, that darker water at lakes and rivers means deep water.

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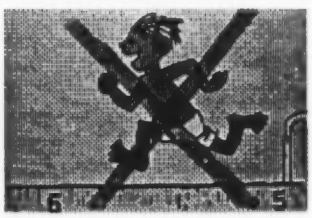
6. **BANANAS AND DIVING BOARD.**

There are three water safety rules illustrated here: Playing on a diving board is "not cool." It's slippery and others might want to use it. Eating and swimming at the same time can cause problems - better to wait a little while and PLEASE don't litter with the banana peel, or anything else for that matter, not in pools, rivers, lakes, oceans or anywhere!!

7. **BOATS AND SWIMMERS DON'T MIX.**

There are special places for swimmers where the boats do not operate and these are safer areas for swimmers. The boaters might not be able to see the swimmers and they could be hurt by the boat (no gory stories, though).

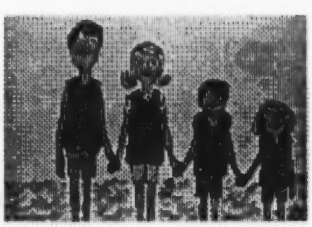


8. **NO RUNNING ON SLIPPERY SURFACES.**

Pools are slippery and so are docks. Slow down on wet surfaces.

9. **"KEEP OUT" AND "DANGER."**

For the swimmer's safety, obey the signs. There is always a very good reason for posting the warning.



10. **LIFE JACKETS.**

Everybody on a boat needs to have a life jacket, it should fit that person and the person should know how to put it on. You could pause now and demonstrate, with the help of a volunteer child, how to put the jacket on and how it will keep the person upright in the water, or promise that after the slides the children will have the opportunity to try one on.

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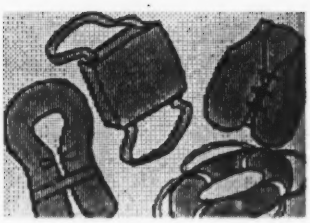


11. **OTHER TYPES OF "LIFE SAVERS."**

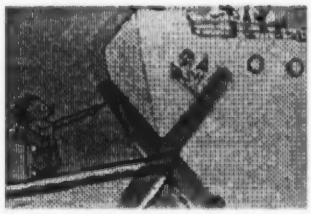
Explain how the different types of PFDs are used. Tell how the Coast Guard approves most but not all of the "life savers" and where they can look for the Coast Guard approval label.

12. **HELPING A SWIMMER.**

Demonstrate how these articles may be used to help a person in the water. Stress how it is much better to toss or float something to them rather than to go in the water to try to help.

SAFE BOATING RULES.

Riding in a boat is very different from being in an automobile. The water can be rough and sometimes boats are tippy. There aren't any traffic lights and boats go in all directions. The following safe boating rules will make the times in a boat safer and much more fun. The next slides will show these rules:

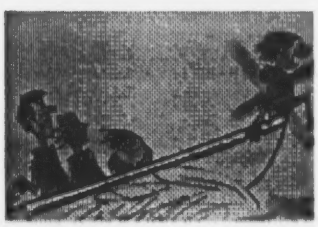


13. Keep a sharp lookout for other boats and swimmers.

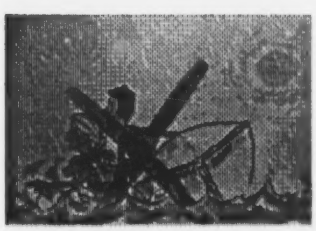
14. This silly person forgot to tie up his boat and it is going to leave without him.

15. The family is getting into the boat in a safe way, the father is helping the children and the boat is securely tied. Everyone is wearing a life jacket.

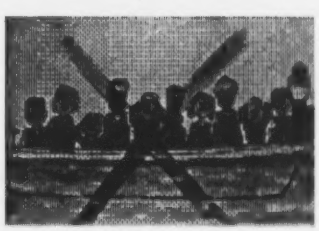
16. Standing up in a boat is not a good idea because the boat may hit a wave and the person could lose his balance, or the boat could rock back and forth and all of the other people on board could lose their balance too.



17. **DON'T RIDE ON THE BOW OF THE BOAT.** Hitting a wave or a wake could bounce this bow rider into the water—a very unsafe place to sit!



18. The people in this boat have all gone to the same side of the boat and it is tipping because it is not balanced. Water could come into the boat or it might even overturn. Where would the people sit to better balance the boat?



19. Even though all of these people are wearing their life jackets, there is a safe limit to the number of people that each small boat will hold and this boat looks like it has many more than that number. See how low it is in the Water?

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WATER 'N KIDS

COLORING BOOK

DEPARTMENT OF TRANSPORTATION
U.S. Coast Guard
U.S. Coast Guard Auxiliary

Rc 0189946

U.S. Department of Transportation
United States Coast Guard

Commandant
United States Coast Guard

Washington, D.C. 20593-0001
Staff Symbol: G-NAB-1
Phone: (202) 267-1077

Dear Parent:

Your child has been given this coloring book to explain basic safety precautions for water safety. We would appreciate it if you would look through this coloring book and discuss it with your child.

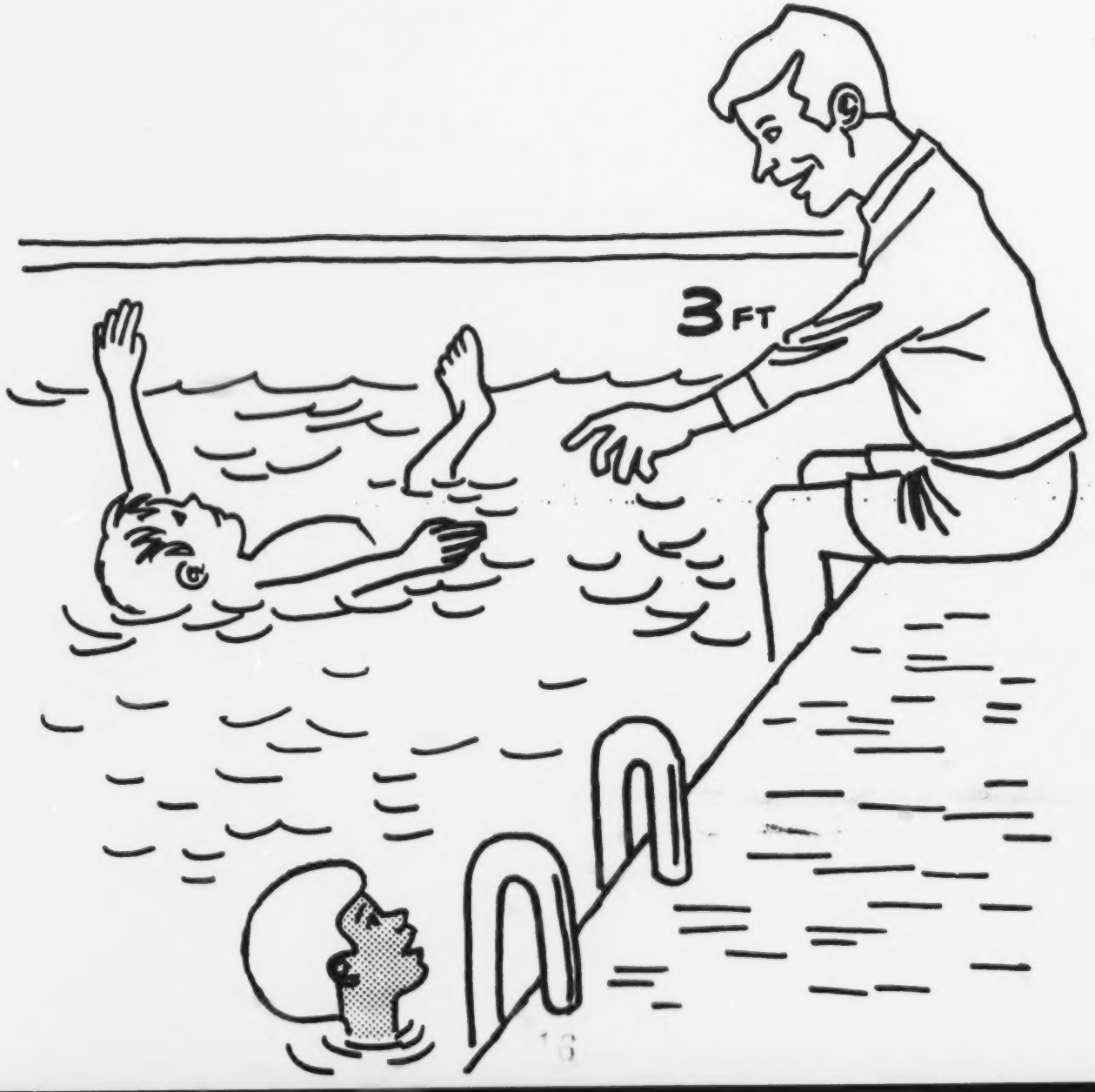
Most water tragedies are preventable. Swimming lessons are a great help, but children should know ALL the basic rules of water safety activities.

In addition to this coloring book, the United States Coast Guard Auxiliary is offering water safety courses for children at various elementary schools. We encourage you to enroll your child in these courses.

It is our hope that by teaching children the basic rules of water safety that they will grow up using them.

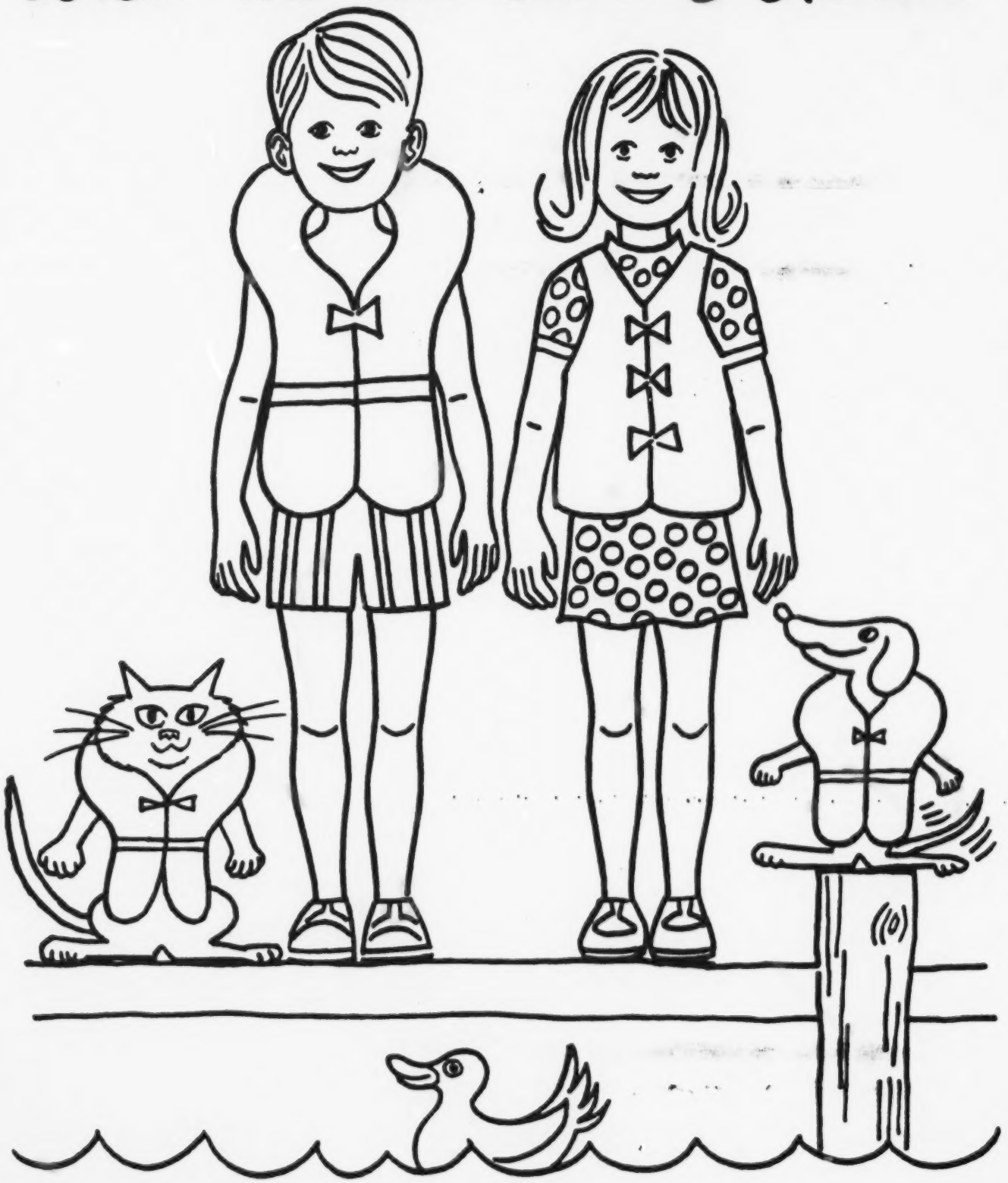
Why not make water sports even safer for your family by enrolling the entire family in a boating safety course today? Increasing your knowledge about water safety will not only make you more safety conscious, but will increase your fun, too. For more information on boating courses in your area call 1-800-336-BOAT. In Virginia, please call 1-800-245-BOAT.

FIRST—
LEARN TO SWIM!



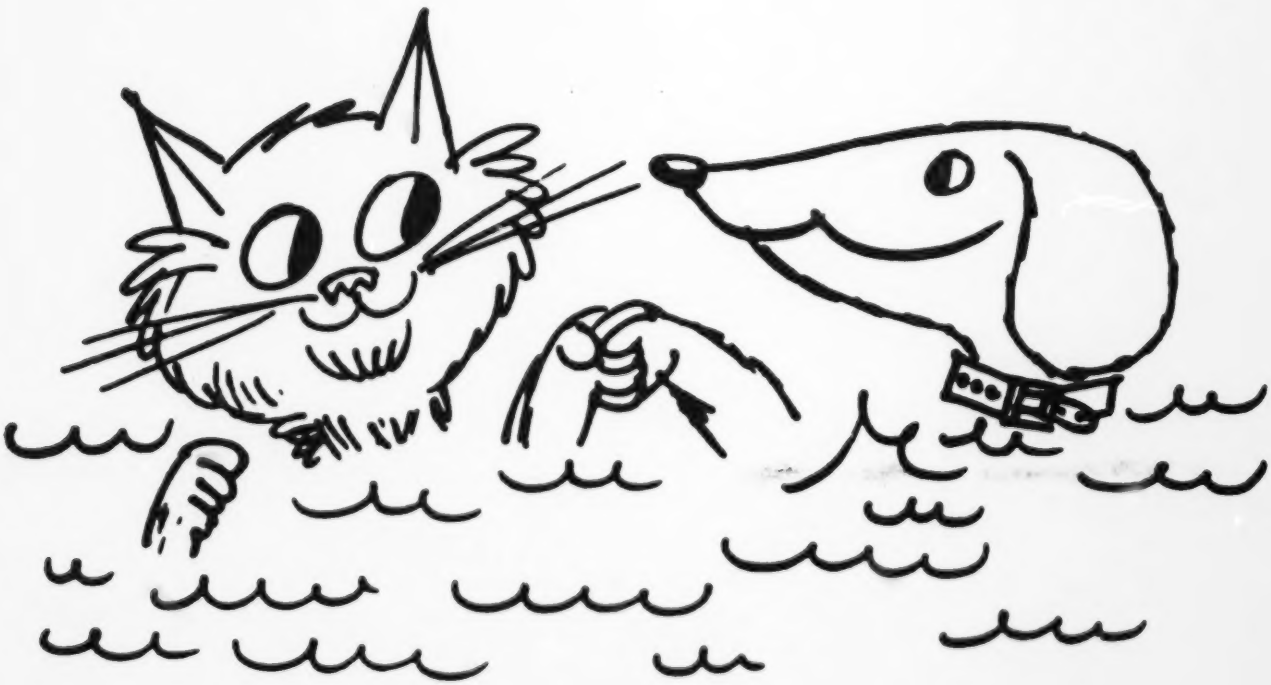
HI THERE, KIDS—
IT'S WATER SAFETY TIME!

COLOR THE LIFE JACKETS ORANGE



DON'T SWIM ALONE!

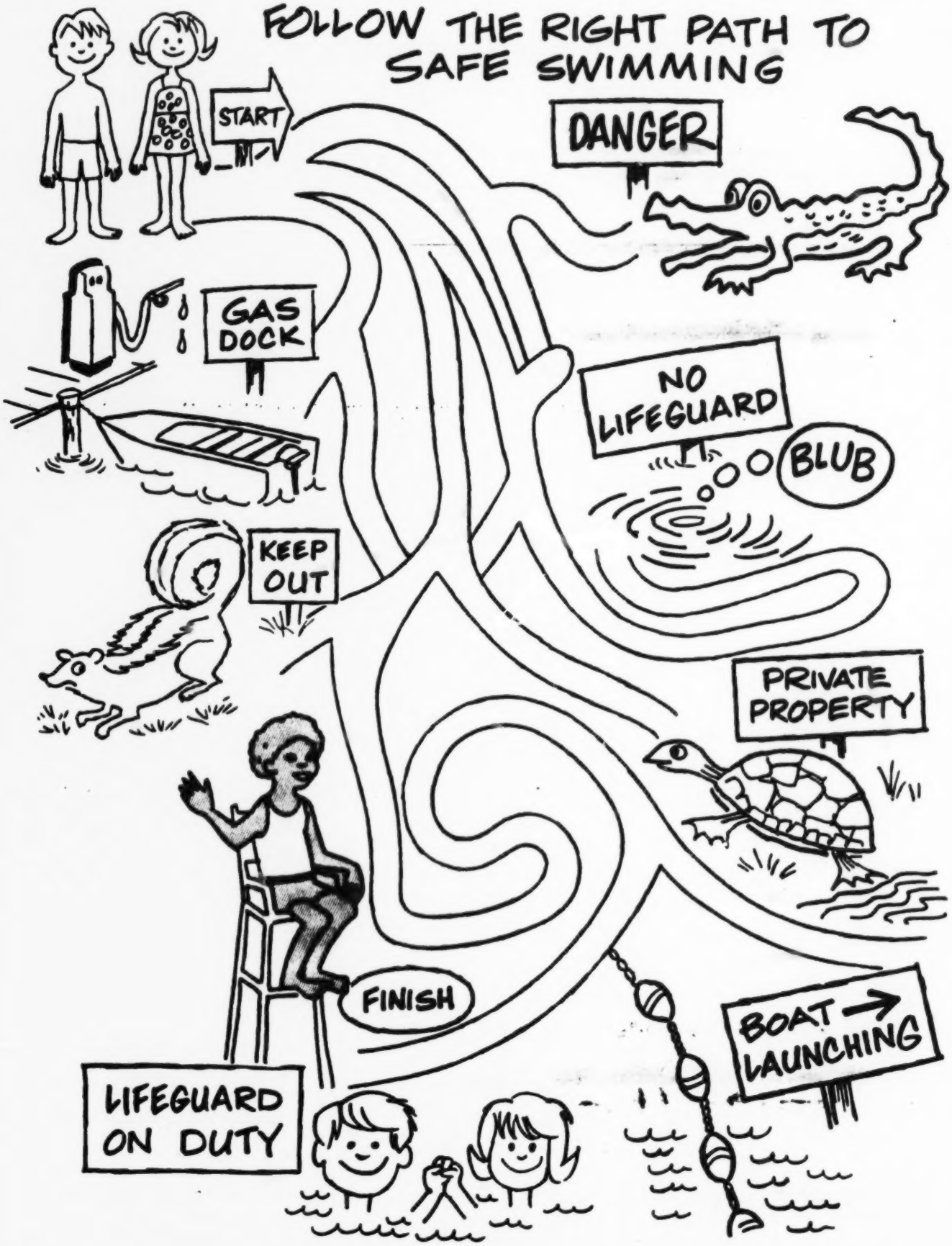
USE THE BUDDY SYSTEM!

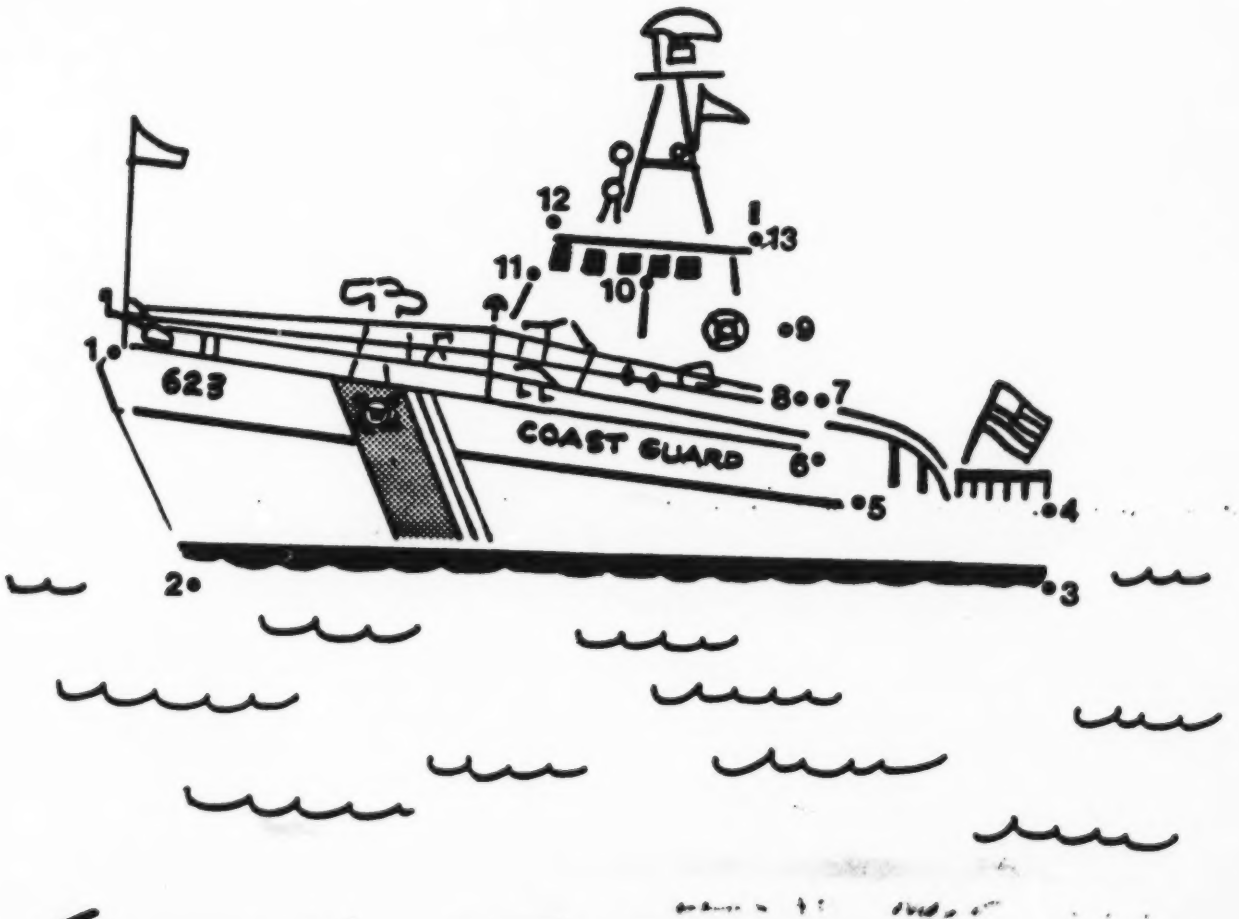


STAY SEATED IN A BOAT AND ALWAYS WEAR YOUR FRIEND (YOUR LIFE JACKET)

ALWAYS STAY WITH YOUR BOAT

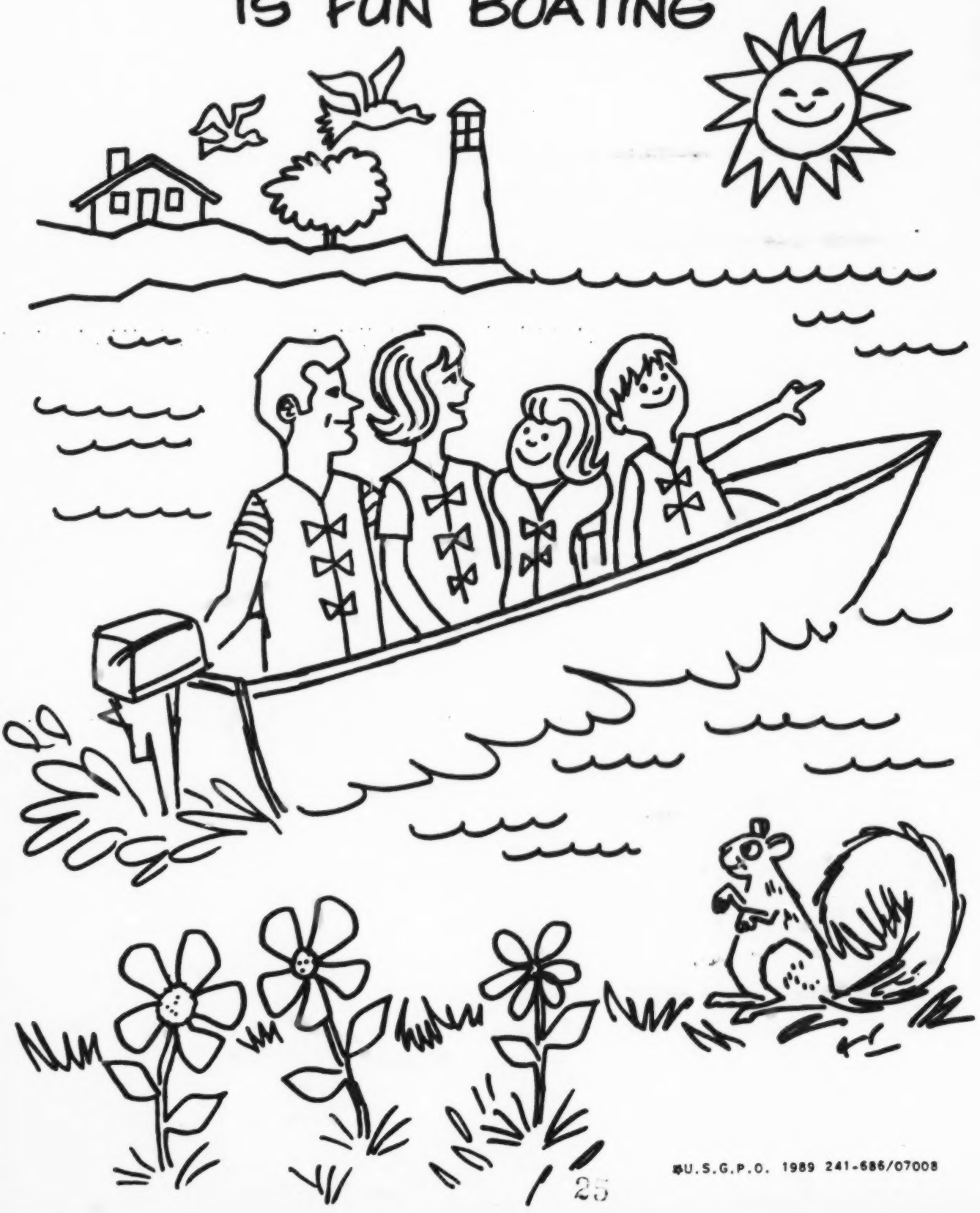
HOW MANY THINGS CAN YOU SEE THAT JOHNNY MIGHT USE TO SAVE SAM?
HELP!


FOLLOW THE RIGHT PATH TO SAFE SWIMMING
START
DANGER
GAS DOCK
NO LIFEGUARD
BLUB
KEEP OUT
PRIVATE PROPERTY
FINISH
BOAT LAUNCHING
LIFEGUARD ON DUTY



FOLLOW THE DOTS TO FIND ANOTHER FRIEND

REMEMBER – SAFE BOATING IS FUN BOATING



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